

Summer Stress Busters for Moms

- Listen to what your body needs
- Curl up with a good book
- Sit by water and listen
- Feel the warmth of the sun
- Listen to the birds and nature sounds
- Light a Candle
- Listen to soothing music
- Watch the leaves move in the wind
- Lay in the grass
- Watch the clouds go by
- Pray or meditate
- Feel the summer rain on your face
- Read an inspirational book
- Close your eyes and breathe
- Love on a pet
- Take a cool shower
- Attend an outdoor concert
- Give yourself a facial
- Get a massage
- Do a crossword puzzle
- Color in a coloring book
- Paint
- Write down 5 things you're grateful for
- Visit somewhere on your bucket list
- Kayak, paddle a canoe, go for a boat ride
- Plant some flowers
- Enjoy a cool drink
- Take a walk in nature
- Write down 3 things you love about yourself
- Feel the breeze on your face
- Call a friend
- Ask for a hug
- Journal
- Go for a swim.
- Go to your happy place
- Take a yoga class
- Eat fresh vegetables
- Cut or buy fresh flowers
- Wash your sheets and hang them outside to dry
- Play cards or a board game
- Bake something for a neighbor
- Go for a picnic
- Take a nap
- Send an encouraging e-mail
- Do nothing at all
- Clean out clutter
- Get a foot massage
- Get a manicure or pedicure
- Cuddle on the couch with someone you love
- Listen to a mindfulness meditation
- Ride a bike
- Go to a Farmers Market
- Get an ice cream cone
- Star gaze